



Sacramento Gender Association

Volume 1 Issue 20

October 1995

Library
Lambda Community Center
Sacramento, CA

*Presidents
Corner
by Ava*

Hi girls,

Just a few things I've been wanting to put in this column the last few months but have forgot to. As some of you have seen, I have put together a notebook with all the newsletters since the first of 1993. I also have another notebook with all the newsletters I could find prior to 1993 and there are big gaps left. The biggest contributor to the older newsletters has been Roberta and I thank her for that but I'm sure some of our other members might have some others that would help us fill in the blanks.

Also I have been collecting computer files on transgendered issues. (TV, TS, hormones, surgery, etc.,) They are text files on 3.5" disks and copies will be made for anyone that wants to get together with me and furnish their own disks.

Both meetings in September were a lot of fun. Anyone who missed the grand opening at Joseph's, missed our own Linda Lee doing her thing as cocktail waitress. Anyone else notice that being around Linda Lee is contagious? Did you notice the dress Whitnie was wearing on Friday night? Looked a lot like the frillies Linda Lee wears.

Anyway, the meetings brought out some first timers. I am happy to see new people at our meetings and the way our members try to answer their questions and concerns. Keep up the good work.

See you at our upcoming meetings.

Dear SGA, Going's On?

This is an open letter to all the SGA to whom I want to say "Thank You."

I only meet a few of you last night (since I have joined) at the Saturday night dinner meeting. The openness and friendliness is vary hard to describe, but very easy to accept.

Having called Ava on the phone just once and then going to the open house at Joseph's I had already meet Ava and Wittnie before the dinner meeting. Both very warm and friendly. As with so many other people in your association, I found out, my first meeting was approached with a lot of mixed emotions. Fear, excitement, apprehension, suspension, yet a hunger for friendship and a desire to be understood prevailed. I arrived late, as usual for me, but yet I took the extra time to check out the situation first. I circled the block once to see just what I was getting into, good quite neighborhood, fairly lit street, close by parking, large group of people inside of the Tea Cup Cafe. OK., this must be the place. -- Circle the block one more time to build up courage then I'll just charge ahead. WOW, a parking place right at the door. I pull in, put on my lipstick for the first time, Yes, for the first time. Then I check myself out, blouse OK, buttoned straight and tucked in, pants OK, nylons up, shoes OK. What am I doing Stalling for time? - building courage? - PRIMPING? NO I NO! NO ! Not me!! That's something my wife does. I never did understand her doing all this pumping and I still don't understand me doing it. It must be the nylons, they restrict the blood from getting to my head from my legs. Anyway everything is OK so its time to join the

(Continued on page 5)

The month of October promise's many activities and a great social month.

First, On October 13 & 14 Joseph will be hosting a floor show starring Jerry Halliday. Jerry is a puppeteer in the "Madam" tradition with his characters, Lola, Bette Davis, and Joan Rivers. I have seen two of his previous shows and found them great entertainment. Joseph has changed his dinner schedule to include an "all you can eat buffet" on Friday and Saturday nights. The caterers for this weekly scheduled dinner are "A Social Affair", the same group that served dinner for Joseph's Grand Opening. Linda Lee and Wittnie will be assisting Joseph for this event. We suggest that for October 14th, members join in the dinner buffet served from 7 to 9, and stay for the Jerry Halliday show at 9:00. Of course, you may join other members at the Tea Cup for dinner and then attend the show. I suggest that you arrive as early as possible for best seating. Some members will be attending both evenings.

To further add to this busy evening, Fluffy's is hosting a "Glamour Photo Shoot." This event is using the same photographer that did the pictures for the last photo session. Just ask Ava or Wittnie to see an example of her work. Mona at Fluffy's will be scheduling special appointments for the membership -- see her ad in this newsletter for more details. A suggestion for members wanting pictures is to attend the Friday buffet dinner and Halliday show, have your pictures done on Saturday following a visit to Joseph's after the picture shoot.

At this writing, plans are still in the works for the Annual CD/TS Holiday,

(Continued on page 2)

Sacramento Gender Association

Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community, their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

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The S.G.A. Newsletter is published monthly the first week of each month.. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

(Continued from page 1)

Going's On

HALLOWEEN. At the present, Joseph has agreed to reserve a special area for the SGA group. Prizes and awards are promised for costumes in different categories. This is the perfect time for the "First Timers" to leave the dark confines of their homes and venture into the public eye. My first time, many years ago, was on Halloween, and it was a positive experience, one that allowed me the experience for other evenings out. The public at this time of year is more than willing to accept all kinds of dress, so do your best. Expect all kinds of costumes and dress. The gay and lesbian community really have fun this night. The planed time for the Holloween Party is 9:00 -- so those wishing to attend the Tea Cup for dinner will still have time to attend the festivities. Of course you may choose the entire evening at Joseph's for the buffet dinner and party following. A second event is planed by Joseph for Halloween night, Tuesday, October 31.

Many of the members may know Jacque. She is the beatuician working out of "One of A Kind" hair salon. Well Jacque has been having a medical problem that has been keeping her at home. She is not able to stand for the hours required for the hair salon — therefore her income has been greatly diminished. We all wish her a speedy recovery. Jacque is capable of washing and styling WIGS at her home. If you need assistance please call her at 836-0209.

Jacque has been styling Ava and Wittnie's wigs for many, many months and her work has always been excellent. We both reccomend her highly.

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WITTNIE J	76100,122		76100.122@COMPUSERVE.COM
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Shelby's Musings

Ms. Beach Goes to Washington

By the time you read this, I will have returned from Washington, DC. As some of you may know, October 2nd and 3rd, 1995 have been designated National Gender Lobby Days. There are currently between 75 and 100 of us (consisting of female-to-male as well as male-to-female individuals) from all over the country planning to be in Washington on these days to meet with members of Congress regarding such issues as health care, employment discrimination and bias crimes as they apply to the transgendered. This event is being organized by the International Conference on Transgendered Law and Employment Policy (ICTLEP), It's Time America (ITA) and the Transsexual Menace. In addition, the Human Rights Campaign Fund (HRCF), a lobby for the gay, lesbian and bi-sexual communities has indicated their willingness to provide assistance to us neophyte lobbyists.

Hopefully we will have some meaningful meetings with our law makers. I'll give you all a report in a future newsletter. See you at the next meeting.

JUST A LITTLE TEST

In a recent test, fully 100% of the men so far have admitted to wanting to wear women's clothing. Is that spectacular or what? Working men I might add. Serious deer chasing, truck driving, beer drinking macho men. Hell, I could stop now and win an award but I've also discovered that 100% of the women I've begun to survey also would like to wear men's clothes on occasion. What blows me away is how this compares to all those other estimates that say it's only 5-10%. Bunk!

OK, I didn't run out and begin doing this on purpose it just began to happen. Actually, I was defending my po-

Glamour Photo Session

\$29.95

SATURDAY NIGHT
October 14, 1995
7:00 PM

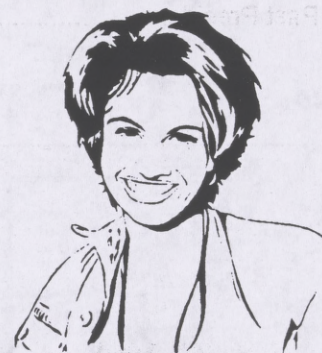
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mention your SGA membership

sition with a group of oil stained mechanics. Real men. Self proclaimed men who are the backbone of our maintenance department where I work. One once asked: "Hey, I hear you wear a dress! So, you gay or what?" My answer about being real happy didn't go well and my attempt to explain was like talking a hungry gorilla into sharing his banana with me.

Actually what got me into this was an invitation to join them for lunch.

Right, I thought. I'm going to go out at lunch time and sit around with seven men who really want to know about crossdressing. I don't think so.

But then I got an idea. Why not take the offensive. Hell, there's only going to be seven of them. 7 to 1, that's good odds. I was beginning to feel sorry for them. I worked a plan out, called my wife, told her of it and to bring my weapons when she brought my lunch. I

(Continued on page 6)



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448-6212
DAILY TILL 9:00 PM

"HAMBURGER MARY'S"

1630 "J" STREET (7)
441-4340
DAILY 10:00 AM TO 10:00 PM

"THE TOWNHOUSE"

1517 21st STREET (3)
441-5122
FRIDAY & SATURDAY 5:00 to 7:00

"THE CORNERSTONE"

2330 "J" STREET (6)
441-0948



PLACES TO DANCE

"JOSEPH'S TOWN & COUNTRY"

3514 MARCONI AVE (8)
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"THE TOWNHOUSE"

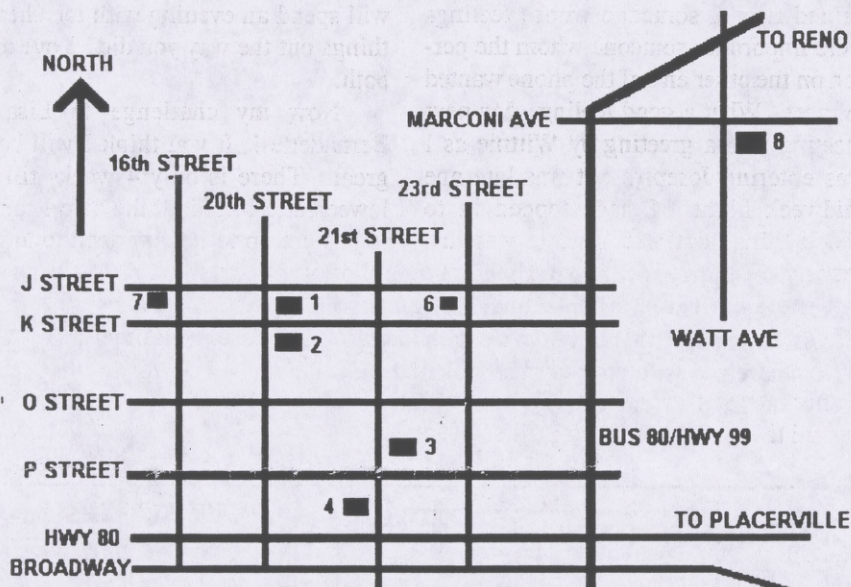
1517 21st STREET (3)
441-5122

"FACES"

2000 "K" STREET (2)
448-7798

"THE WESTERN"

2001 "K" STREET (1)
443-9831



GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth

A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)

Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)

Meets 1st Tuesday and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 849-4112

The Tenderloin Self-Help Centre

(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.

A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)

The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.



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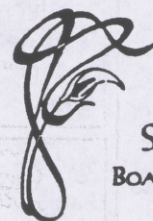
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 S.G.A. MEMBERSHIP**

(Continued from page 1)

Dear SGA

group. I walk through the door and I am greeted by a very friendly waitress who guides me back to the group. Every one says hi, or welcome or something like that, at least it was all friendly. I am seated and everyone introduces themselves. Dinner was ordered and life just seems to go on as usual. Discussions about family, friends, people in the hospital, jobs, kids, everyone talks about their family and kids. What a great group. Dinner is finished and most of the group goes out to Joseph's, another safe haven I am told. The evening passes so fast its 12:30 already, where did the evening go. I can hardly wait for the next meeting. - Being Out - Being Open - Its was so easy.

Why did I wait 28 years to do this? Why Now? Why?, Why?, Why?. I know Why, It is because from my very first phone call to the SGA, I was treated as a valued friend, someone whose feelings were important, someone whom the person on the other end of the phone wanted to meet. What a good feeling. My next meeting was a greeting by Wittnie as I was entering Joseph's. It was late one midweek night. I had stopped in to check things out and Wittnie was just leaving. We talked for about a half hour just standing in the, parking lot. Another friend, just waiting to be meet. With these first two steps over with the dinner meeting just seemed like the most logical thing to do. Taking the next step

and going to the dinner meeting I meet with Lisa and Bernadette, more friends with understand and compassion. That is "Why Now.?" Now because the SGA befriended me, one person at a time through honest loving, compassionate, understanding. Qualities I look for in any organization or group I would want to be associated with. Thus my dues are paid, at least until March.

In closing I want to mention J. and J. who were also new to the meetings. They were also treated royally. From the looks on their faces they went from being full of questions to being very open and sharing about their new baby and the tasks of being parents. J. you are very lucky to have Joy beside you. I wish my wife was as willing to search along the path of life for better understanding about who we are and the individual traits that make us, SPECIAL. Joy my hat is off to you. You give me hope that maybe, just maybe some day my wife will spend an evening with me checking things out the way you did. Love to you both.

Now my challenge to Lisa and Bernadette ! It you think I will be that great. There is only 4 weeks till Halloween and I need all the help I can find. If you are up to it I am open to any and all of your suggestion. Call me, lets talk,

Love and Peace to all of you,

D'Lover

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NUCLEUS FOR HEALTH

We've all heard of "sugar high" derived from excessive sugar consumption, however, in the long run sugar depletes the body's reserves of B vitamins. This results in your body being zapped of energy an hour or so after the digestion of sugar. Fruit juice or pieces of fruit are great sugar substitutes for both snacks and cooking. Honey, rich in the B vitamins, has even more benefits as a replacement to sugar.

Honey is rich in Vitamins A, C, E, all the B-complex vitamins, minerals, and natural hormones. Thus honey does your body good far longer than those pick-me-ups (like sugar, caffeine or alcohol) which have a definite drop effect an hour or so later. Back in the "60's" when I competed in track events as a long distance runner I always consumed a quantity of honey a half hour before the meet for sustained energy.

Honey has many other benefits

one of which you may have heard of, sore throat relief. Add honey and lemon juice to a hot cup of peppermint tea for a tasty and healing way to soothe a cold or flu.

A good honey decongestant formula is a blend of horseradish, honey, and a dash of turmeric. Take a spoon-

NOTICE

THE S.G.A. AND ITS BOARD MEMBERS
NEITHER ENDORSE OR REJECT THE OPINIONS
OF THE AUTHOR OF THE PRECEDING ARTICLE
"NUCLEUS FOR HEALTH" AND SUGGEST THAT
ANY SELF ADMINISTERED DRUGS OR HERBS
BE CHECKED WITH A PHYSICIAN FOR
POSSIBLE SIDE EFFECTS OR ADVERSE
REACTIONS TO ANY MEDICATION.

ful for instant sinus relief.

Locally grown honey when consumed during allergy season may act as a kind of vaccination for pollen allergies. The reason for this is that trace amounts of pollen in the honey allows your immune system to assimilate the idea that pollen is a harmless substance.

Now to my most recent discovery about honey. Honey contains antiaging elements which helps in preserving

youthful skin. I've learnt first hand that it is very effective in treating dry, scaly skin and acne, and it can help with cell regeneration, inhibit the aging process, and maintain lustrous hair.

A honey facial helps to remove wrinkles. Apply honey to the face, neck and chest for about 10 minutes. I've learnt that its best to do this in the bath tub do to honey drip.

I like to run hot water in the tub to its a couple of inches deep. Then sit in the water at the hottest temperature which you can stand, and take a few deep breaths while letting the steam open your pores.

After a few minutes apply the honey, and to pass the 10 minutes I like to massage each foot for 5 minutes. Start with the small toe working your way through to the ankle.

Believe me if you follow this routine at least twice a week you'll be strutting lightly in those high heels while looking great! Next month helping your heart. Enjoy!

Tina Louise

(Continued from page 3)

Just A Little Test

doctored up a folder which now had: "GENDER ORIENTATION PROPENSITY" written across the front of it. Next I drafted a quick overview as a precursor to questions I would pose. To qualify my efforts as a true scientific work I should note here that I did this over a 15 minute break. When lunch time came I girded myself and walked into the cafeteria, smiled and sat down at their table.

"Hey guys, what's happening? So, you want to ask me some question about crossdressing. Is that right?" I said loud enough that most of the cafeteria was now silent as I sat down. Mark, the leader, said: "Hey, we want to know what you are?" I smiled and said: "This is really great. I've been waiting for an opportunity like this. Actually, Mark, you've seemed to be the most interested in it" (Always shoot the leader first). So, which of you beside Mark

here, is interested in gay men or guys that wear dresses?" With the "GAY" word used the last of the eating sounds subsided. I now had them completely surrounded.

I removed the folder from my bag I carry and sat it in front of me. I then removed the portable blood pressure tester my wife had added. They were watching intently as were a number of other people as I began ripping small bits of paper up and writing numbers on them. Nothing was said except: "What are you doing?" I said: "Just give me a moment and you'll have every question answered." I had them then pick the numbers from my cowboy hat which I thought was fitting and then told them what I was planning to do.

"OK, I've been asked to do some research for a group called the Sacramento Gender Association. It's sort of a field study to identify men who like wearing women's clothing. As you all know, some men only have thought

about wearing girl's clothes while others have actually tried them on. There are even men who dress up as women and go out like that. They call this: Gender Orientation Propensity or GOP. I paused, opened the folder and took out the hand written questions and a note pad. Each now held a number which matched the numbers down that pad.

They watched intently. I really love diddling with macho men. The ones that had been leaning towards me in that classic masculine pose of dominance suddenly began to drop their shoulders. A couple even slipped back a bit. I began again: "Now what I'd like to do is start with number one and ask some questions. I'll be asking about half a dozen of them while you've got your finger in that machine there. When you've answered I'll record the display number along with your answers. OK so far? Pretty simple really.

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CROSS SECTION

by Lisa

Is it the cooling weather or the lengthening darkness? Or have we finally reached a critical mass of sorts? Or perhaps it's the Internet reaching out to those who didn't know where to turn. What I'm talking about is that lately, I've noticed a surge in the number of prospective new members showing up at meeting nights and even on off Sat. nights.

It wasn't that long ago that we were concerned about not having "new blood" to infuse more enthusiasm into our group. Now, we should have plenty of "newbies", learning and refining their skills at presenting themselves as the "other" persons that share their bodies. And of course, watching and helping these transformations is pleasing in a vicarious way to all of us "veteran" members. In any case, welcome to all! You'll meet some very nice people in our group.

Our new members certainly picked the opportune time of the year to start. With the summer doldrums over, we now have the holiday season to look forward to. For those of you into glitter and satin, Christmas and New Year's are now something to plan for. And for the outrageous, we have the biggest great-excuse-to-wear-THAT-outfit night of the year coming up. Of course, I'm talking about Halloween!

That's one night to really let your hair down (or wig loose) and have fun. No judgements are allowed as far as taste is concerned, so let your most expressive and wild persona come out that night. Then again, it seems that non-Halloween nights never stopped some members from dressing, uh, originally, anyway.

Our meeting night on the 28th of October should be the official Halloween night (check with your favorite SGA

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Halloween Party



**SATURDAY
October 28, 1995**

*Join Us In Celebration of
Halloween With A Costume Party*

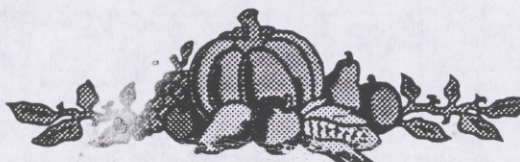
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(Continued from page 6)

Just A Little Test

Now who has number one?" Of course Mark asked: "What kind of questions?" Gatcha I thought and said: "Oh just some basics: "Have you ever worn girl's panties? Does the thought of wearing them turn you on? Have you ever wondered what it would be like to be a woman? It's your basic "Gender Orientation Propensity" stuff. They use it in the bay area. SGA got real excited when they found out I'd be able to get some macho guys up here to take the test. Now, who's got number one?"

What happened? You've already guessed! Nothing. Not one took the test. I slid the blood pressure machine purposely to each. Each either pushed it back or folded their arms (I love that pose). I picked up the folder saying: "Gee guys, it ain't like I'm trying to get you into girls clothes or anything. I mean where's the harm? Your all macho and it's pretty obvious none of you would ever consider such a thing. Right? Now, come on, who's got number one?" Lunch got real quiet. But it was too late.

(Continued on page 8)

SOCIAL SATURDAY NIGHT

OCTOBER 14, 1995

OCTOBER 28, 1995

OPTIONAL
DINNER MEETING

TEA CUP CAFE

1614 21st Street

7:00 - 9:00

THE TEA CUP CLOSSES AT 9:00


SOCIAL
8:30

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PLEASE CHECK AT DINNER
MEETING WHERE THE
MAJORITY OF MEMBERS ARE
CONTINUING THE EVENING

ADDITIONAL OPTIONS
FACES - THE WESTERN - TOWNHOUSE
(SEE MAP ON PAGE 4)

October 1995

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
1	2	3	4	5	6	7 PHOTO SHOOT AT FLUFFY'S 7:00 PM
8	9	10	11	12	13 JERRY HALLIDAY SHOW AT JOSEPH'S 9:00	14 Dinner 7:00 TEA CUP CAFE SOCIAL 8:30 Joseph's
15	16	17	18	19	20	21
22	23	24	25	26	27 HALLOWEEN PARTY AT JOSEPH'S 9:00	28 Dinner 7:00 TEA CUP CAFE SOCIAL 8:30 Joseph's
29	30	31 				

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Just A Little Test

They had taken the test and failed. I asked one last question that went unanswered: "At least tell me which question scares you the most?"

That was about four weeks ago. Today? Sometimes one forgets and tosses out a comment. I just smile, grab a piece of paper and ask: "Hey, ain't you one of those guys that wouldn't take the test?" It's a pretty effective tool. As I said in the beginning I've successfully had 100% non-participation. 100% so far have a little something to hide. So, what am I? Just call me Linda Lee, a little reflection of you! Don't think so? That's cool, then how about taking my little test?

Linda Lee

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Cross Section

board member to be sure), so start getting ready now!

Fall is here! Get out your moth-balled wool outfits, shake out your long dressy coats. We have a reason now to wear those clothes that shape us and hide those "figure flaws"! And for the gals who are a concerned about appearing a tad heavy, the dark colored clothes that goes for this time of year are ready to jump out of your closets.

Having perused through the fashion rags-mags for this season (Vogue, Elle, Allure, etc., etc.), it seems that the fem look is still hot. Skirts are a little lower overall now (more knee-length, but mini

is still okay), and a little looser in form overall. Shoes have generally lower and clunkier heels, but the skyscraper spikes are okay with dressy outfits (whew! - they'd have break my legs to get them off MY feet!). Make-up is decidedly looking '60s as do some of the hairstyles. This may be a natural for some of our members (hee hee). Remember, this is just a report. DO NOT TAKE THIS FASHION BUSINESS TOO SERIOUSLY. As I had written a couple of months ago, WEAR WHAT YOU WANT TO WEAR. Our group meets for social activity and support, so just have fun with your clothes.

"I'll be back!" (Arnold S.) "I'll be backless!" (SGA member).